

**City of Columbus Early Childhood Obesity Prevention Coalition**  
Draft of City of Columbus Early Childhood Obesity Prevention Plan  
08/11/09

**Location:** Columbus Public Health  
240 Parsons Ave.  
Columbus, Ohio 43215

**Chairperson:** Autumn Trombetta

**Facilitator:** Cheryl Graffagnino

**Attendees:** Deborah Eiland (Child Development Council of Franklin County (CDCFC) Headstart); Deborah Younger (CDCFC Headstart); Julia Hansel (Children's Hunger Alliance); Jennifer Kuck (Nationwide Children's Hospital); Phyllis Pirie (OSU-College of Public Health); Elizabeth Klein (OSU College of Public Health); Esther Gillett (Franklin County WIC); Maria Villareal (CDCFC Head Start); Sheila Anderson (Franklin County WIC); Dawn Sweet (Franklin County WIC); Christine Green (Columbus Public Health)

***Meeting at-a-glance:***

- 1) Dr. Phyllis Pirie reviewed the Prevention Research Center grant that Ohio State has been awarded by the CDC. The grant is part of a collaborative effort to connect public health prevention efforts with public health academic research initiatives. The focus will be on the south side of Columbus in zip codes 43205, 43206 and 43207.
- 2) Draft 2 of plan reviewed, initial feedback suggests breastfeeding, nutrition and physical activity goals are progressing well but screening and referral goal needs to be expanded with increased emphasis on referral connectivity and follow up. Additional feedback encouraged via e-mail, in-person, or written comments addressed to Autumn Trombetta at Columbus Public Health 240 Parsons Ave. Columbus Ohio 43215 or [altrombetta@columbus.gov](mailto:altrombetta@columbus.gov) or Cheryl Graffagnino at [clgraffagnino@columbus.gov](mailto:clgraffagnino@columbus.gov)
- 3) The coalition split into two smaller working groups to brainstorm strategies for achieving the goals to increase breastfeeding initiation and duration and for pregnant women and for children ages birth to kindergarten to be more physically active every day.

***Next Steps:***

- 1) Please provide feedback for refining the plan to Autumn Trombetta or Cheryl Graffagnino.
- 2) Brainstorm strategies for addressing the goals of increasing access to healthy foods and increasing screening and referral at next meetings.

***Upcoming Meetings:***

**Full Coalition –**

Tuesday September 1, 2009 10:00am-11:30am at Columbus Public Health Room 119 E

**Steering Committee –**

Monday September 14, 2009 2:00pm-3:30am at Columbus Public Health Room N2A

**Full Coalition –**

Tuesday September 29, 2009 10:00am-11:30am at Columbus Public Health Room 119 E

**Agenda Item 1:**

Autumn Trombetta welcomed the group and facilitated introductions.

**Agenda Item 2:**

Dr. Phyllis Pirie introduced the Prevention Research Center grant that the Ohio State College of Public Health has been awarded by the CDC. The grant is part of a collaborative effort to connect public health prevention efforts with public health academic research initiatives. The focus will be on the south side of Columbus in zip codes 43205, 43206 and 43207.

Research activities will include:

- ☐ Focus groups
- ☐ Environment/leadership survey
- ☐ Survey of parents of preschoolers.

Grant provides the opportunity to:

- ☐ Assess where the community is today compared to the Expert Committee Recommendations.
- ☐ Allows access to special funding for special interest projects

Dr. Pirie is seeking input as the grant allows flexibility in research topics to allow for community needs and input.

Initial Feedback from Coalition Members:

- ☐ Parents receive mixed messages from physicians and other resources about the importance of weight and BMI.
- ☐ Are nursing mothers being permitted the time and place to pump breastmilk while working?
- ☐ Evaluate/survey the built environment. What have we done? What do we still need to do – especially to increase utilization of available resources?
- ☐ Evaluate utilization of existing resources. Do people know they are available? Is it access friendly? Do people have trouble planning ahead?

***Dr. Pirie is seeking input and welcomes your feedback and ideas to identify what we really want to know about the community, its actions/thoughts/needs concerning childhood obesity prevention. She is also seeking recommendations for the community advisory board.***

***E-mail your thoughts, ideas and suggestions to Dr. Pirie at [ppirie@cph.osu.edu](mailto:ppirie@cph.osu.edu)***

**Agenda Item 3:**

Cheryl Graffagnino reviewed Draft 2 of the plan (attached). Initial response indicates that these goals are progressing appropriately:

1. More women in Columbus will initiate breastfeeding and continue breastfeeding at 3 months, 6 months and 12 months.
2. Pregnant women and children birth to kindergarten, especially in the 5 areas of Columbus with the highest obesity rates, will be more physically active every day.
3. Pregnant women and children birth to kindergarten, especially in the 5 areas of the city with the highest obesity rates, will eat more foods and beverages that support the *USDA Dietary Guidelines*.

Discussion of the final goal indicates that the goal “Pregnant women and children ages birth to kindergarten in Columbus will have regular age and condition appropriate weight for height screening\* and appropriate referral to community programs and/or services” and

corresponding objectives does not adequately address the issue of screening and particularly referral. Suggestions included:

- ☐ Follow the model of access to physical activity and healthy food goals with a focus on access, policy and education.
- ☐ Objectives and strategies should promote increasing referral resources and increasing the connectivity of resources.
- ☐ Ultimately want to see a cohesive referral and screening network. Concern that physicians don't screen or address obesity/BMI especially in children because of a lack of available places/programs to refer.

***Agenda Item 4:***

Smaller groups discussed possible strategies to achieve the breastfeeding and physical activity goals. Groups addressed the issues of 1) current resources/policies/education and model practice (e.g. what is currently happening) 2) Resources/policies/education on the horizon (e.g. what is planned but not yet implemented) 3) Potential collaborations to expand resources/policies/education (e.g. what could we do if we all worked together?).

See attached strategy planning worksheets for detailed description of brainstorming ideas.

**Upcoming Meetings:**

**Full Coalition –**

Tuesday September 1, 2009 10:00am-11:30am at Columbus Public Health Room 119 E

**Steering Committee –**

Monday September 14, 2009 2:00pm-3:30am at Columbus Public Health Room N2A

**Full Coalition –**

Tuesday September 29, 2009 10:00am-11:30am at Columbus Public Health Room 119 E